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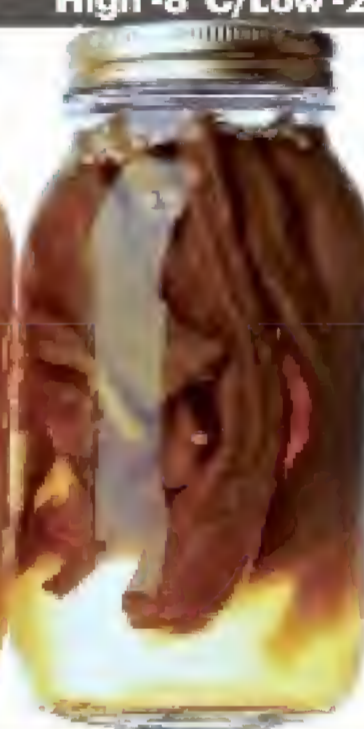
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# Hospital quiet on meeting details

**FINANCE COMMITTEE**

## Paragraphs blacked out in documents



**Joe Lofaro**  
Metro | Ottawa

The Ottawa Hospital is keeping a tight lid on what was said at meetings of its finance and audit committee after

it singled out one of its former directors for his alleged role in a fraud and kickback scheme.

On Sept. 29, 2015 — one day after the committee held one of its regularly scheduled meetings — the hospital says it confronted Frank Medwenitsch, who was then its director of planning and capital projects, for allegedly conspiring with certain contractors to rig bids in exchange for luxury fishing

trips and other gifts.

Those allegations and many others — none of which have been proven in court — are contained in a statement of claim filed in early January as part of a civil suit at the Ontario Superior Court of Justice.

Metro requested the minutes from meetings the committee held on Sept. 28, Oct. 26 and Nov. 23 under the province's Freedom of Information and Protection



**The Ottawa Hospital**

JOE LOFARO/METRO

of Privacy Act.

A number of paragraphs are blacked out in the copies of the minutes provided to Metro, and it is not clear if those paragraphs are about the allegations made in the hospital's lawsuit.

In many of the redacted paragraphs, however, the hospital cited a section of the Act that allows for records to be withheld if they could be reasonably expected to, among other things, "inter-

fere with a law enforcement matter," "interfere with an investigation," or "deprive a person of the right to a fair trial."

Three weeks after Medwenitsch left the hospital, the minutes show the committee talked about a three-year internal audit plan, which had been initiated last spring.

The plan called for two audits each year, according to the minutes, with the possibility of a third.

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## Accessibility versus feasibility

### MUNICIPAL MATTERS

#### Community projects being hampered by stringent rules



**Emma Jackson**  
Metro | Ottawa

Is Ottawa taking its accessibility rules too far?

Some community groups certainly think so, after paying thousands of dollars to meet strict requirements — and in some cases, making projects less accessible to the people they're supposed to serve.

Take the Cardinal Creek children's garden. Phase 1 of its raised-bed garden project opened in an east-end park last June, but not without conflict.

City staff insisted the beds be built to adult accessibility standards even though they're meant for kids, according to community association president Sean Crossan.

"So, these three- and four-year-olds, their eyes are at the top of the raised bed," he said.

The garden volunteers ended up removing the beds' top slats on one side so kids could at least reach from one angle — technically against the rules, but a "common sense" solution, Crossan said.

"One would think that ... if you're going to be building a children's garden, you build the garden to meet children's needs," he said.

That kind of common sense was needed in Manotick, too, ac-



Organizers at **Cardinal Creek children's garden** say the city didn't use common sense when applying adult accessibility rules.

COURTESY CARDINAL CREEK COMMUNITY ASSOCIATION

cording to Coun. Scott Moffatt. He handled a rare exception to the rules when he helped secure a local boat launch two years ago.

The project was nearly sunk after cost estimates doubled to \$50,000 to add railings, a safety lip and a stabilizing system to keep the floating dock within accessible slope requirements — nearly impossible with wake rolling in.

"The city errs on the side

that (the AODA) applies to everything, but the reality is, it doesn't," Moffatt said. "You can't take those requirements and stick it to this and have it make sense and still be affordable. No one's going to build a \$50,000 dock."

Capital Coun. David Chernushenko has also struggled to balance accessibility with feasibility.

The Old Ottawa East community association in his ward

cancelled plans last year to build an outdoor ping pong table in Brantwood Park, after the project was estimated at \$17,000.

The soil needed costly remediation, but the city also required an accessible pathway to connect the table to the rest of the park.

That's not a problem, Chernushenko said. It just limits what communities can afford to do.

"Ottawa has chosen to err on the side of greater accessibility," he said. "That means some things won't happen and costs will go up."

Ottawa has a responsibility to meet the provincial Accessibility for Ontarians with Disabilities Act, as well as updates to the Ontario building code and the Canadian Standards Association.

Those regulations inform the city's own Accessibility Design



**Ottawa has chosen to err on the side of greater accessibility.**

Coun. David Chernushenko

Standards, which must be met in all new construction or renovation projects on city land or facilities, according to staffer Jo-Anne Moore.

As a self-proclaimed accessibility champion, the city's standards are sometimes more strict than the provincial and national minimums, she added.

For instance, the province says sidewalks should be 1.5 metres wide, but Ottawa asks for 1.8 metres. Ottawa also installs more emergency call buttons in accessible washrooms than the law requires.

Exceptions to the rules are possible, but only for a good reason — and cost doesn't count.

There are community grants to help with cost, Moore said, and provincial and federal programs are also available.

The city hosts an Accessibility Day each May, and has committed to implementing its Older Adult Plan to increase walkability and accessibility across the city.

Still, some accessibility advocates say the city isn't going far enough.

Last week the Council on Aging released the findings of a walkability audit that shed light on poor sidewalk maintenance, missing crosswalks and car-centric intersection designs.



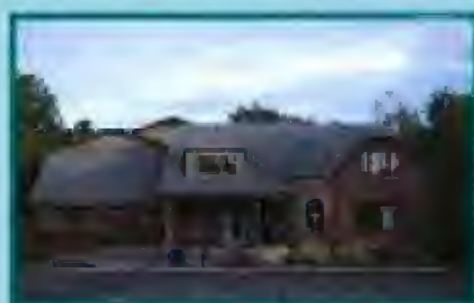
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Lowertown Canning co-owner Simon Brière-Audet shows off his products inside the kitchen where the magic happens. Brière-Audet's products vary from pickled carrots to sweet jams. **HALEY RITCHIE/METRO**

# Preserving a tasty tradition

## FOODIE CULTURE

### Three Ottawa businesses with a can-do spirit



**Haley Ritchie**  
Metro | Ottawa

Jellies, jams, pickles and other preserves were once survival food, the only way to stock up for barren winter months. They might not be a necessity any more but they are seeing a revival, fuelled by the local eating movement, foodie culture and creative chefs.

As is expected in a proud foodie town, Ottawa is brimming with local preserves. Metro profiles three companies making Ottawa produce last all year round.

**Lowertown canning company**  
Simon Brière-Audet and Beth Evans own Lowertown Canning, established in May 2014.

"Everybody is a foodie these days, but it doesn't necessarily translate into people cooking more at home," explained Brière-Audet, a trained chef and amateur gardener.

"Everybody wants local and good flavours and as little pre-



servatives as possible, but they don't necessarily have time to do it at home," he said. "It's just the reality of our world."

For Brière-Audet, the canning started almost by accident. First came a garden to generate local produce for the restaurant where he worked. It was only when the small garden generated more than he needed that he had to find something to do with it all.

The result has been both traditional mainstays such as pickled eggs and carrots but also creative products including spicy pickled asparagus and Earl Grey apple jelly. Lowertown products are sold at businesses around town, and Farmboy picked up their cranberry sauce.

**MichaelsDolce gourmet confectionery**  
Pastry chef Michael Sunderland has been running his jam, sauce and syrup business for over five years.

The idea started when he wanted to try out homemade jam at the bakery where he worked,

and the experiment was so successful he began selling the jars. Since then, he's expanded his repertoire to include syrups for drink mixes (including ginger and root beer) and has become well known for a homemade sriracha hot sauce.

"The biggest response has been at farmers' markets," he said. "I've been able to meet the people buying them and hear how much they like it."

Sunderland enjoys experimenting; He also offers a peach sriracha jam. Other unusual jam flavours include rhubarb and black pepper, peach cardamom and kiwi and lime jam.

"That difference is what makes it sell; it's something that no one else is offering," he said.

**Top Shelf Preserves**

Top Shelf founder Sara Pishva started her canning company in May 2013 and now sells unique creations — including pink grapefruit marmalade and blue-

berry gin jam — from a storefront in Old Ottawa South.

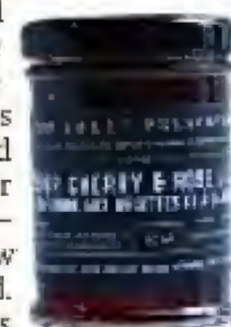
"I've tried to balance having some classic recipes — like pickled beets and our baked beans — with some new ideas," she said.

Pishva was working as a sous chef at Black Cat Bistro when she decided to launch her own business. She had canned with family at home since she was a child.

"My pickled beets are our family recipe," she said. "I think the demands for these types of products has really grown because people grew up with these flavours, and it's hard to find that stuff now."

Last year, Pishva partnered with Hidden Harvest, a volunteer group that collects fruits and nuts from trees in the city that would otherwise go to waste. The group ended up with a bumper crop of apples as well as crabapples, wild grapes, elderberries, plums and a mysterious variety of pears that turned pink when cooked.

Top Shelf has a wide range of products based on what Pishva can get her hands on.



## + IT CAN BE DONE

It's not hard to give canning a try yourself, but keep in mind special equipment is required and precautions need to be taken to avoid dangerous bacteria.

Look for seasonal workshops starting in the spring through autumn. Some groups in Ottawa that regularly offer affordable home-canning workshops include:

### Algonquin College

As part of their general-interest offerings, Algonquin College provides courses in canning, pickling and preserving. The two "Spice of Life" courses include Home Canning I: Fruits, and Home Canning II: Pickles and Sauces. A variety of courses are offered at different times throughout the year. Prices, times and dates are available at [algonquincollege.com](http://algonquincollege.com)

### Just Food

Ottawa's community food-focused non-profit Just Food regularly hosts workshops for D.I.Y. gardening

and preserving. Classes are seasonal, matching the harvest. Watch out for spring workshops on making jam and autumn workshops on making salsa that will be announced at [justfood.ca](http://justfood.ca).

### Bernardin

The canning experts at Bernardin regularly hold workshops across Canada, including in Ottawa at farmers' markets and the Canada Agriculture and Food Museum. Events are announced at [bernardin.ca](http://bernardin.ca).

### Hidden Harvest

Hidden Harvest doesn't have any scheduled canning workshops but is a volunteer-run organization that collects fruits and nuts from trees and plants inside the city on both public and private land. Many of the edibles from Hidden Harvest are preserved. The group sometimes hosts ad-hoc workshops, including canning. Interested volunteers can sign up at [ottawa.hiddenharvest.ca](http://ottawa.hiddenharvest.ca).



**Alexis Martel-Lamothe** in action. Next fall, she will be heading to study and play in the United States with the University of Notre Dame's women soccer program. COURTESY CANADA SOCCER

# Sandy Hill soccer player on the rise

U.S. UNIVERSITY

## Alexis Martel-Lamothe signs to play for Fighting Irish

To many movie fans, the University of Notre Dame would likely bring thoughts of the sports film, *Rudy*.

Obviously, there is not just American football to get involved in at school. Alexis Martel-Lamothe of Sandy Hill committed to the University of Notre Dame women's soccer program on Feb. 3. She signed a letter of intent to continue her academic and athletic career with the Fighting Irish next fall.

"It is an honour for me to be considered to represent the Irish at such a great academic school," said Martel-Lamothe.

"I am looking forward to pursue my passions at Notre Dame, which are the sciences, music, and soccer. I am definitely excited and nervous at the same

time, but who wouldn't be?"

Martel-Lamothe went to elementary school at Francojeunesse — in Sandy Hill — and to the Collège catholique Samuel-Genest for her high school. Her past two years of high school, she studied online in order to allow herself to train, first in Toronto, and now in Laval, Que.

She first started playing street soccer at the Sandy Hill community centre, although she was never a one-sport-girl to start with. "As a little girl, growing up, I was very active. I practised many sports including swimming, diving, tennis, volleyball, and basketball," said Martel-Lamothe. "However, I fell in love with skiing and soccer. Once I reached a certain level for my soccer and for skiing, I eventually had to choose between the two."

She chose to focus on soccer. The passion of the game and the team environment stuck with her. "There are so many different aspects to soccer and so much to learn that you can never get tired of it."



To travel with the national U20 Canadian team and to represent my country is truly a different experience.

Alexis Martel-Lamothe

Most recently, she had played with the national U20 Canadian squad at the CONCACAF (Confederation of North, Central America and Caribbean Association Football) tournament, where she was on a team that won the silver medal at the event in Honduras.

"To travel with the national U20 Canadian team and to represent my country is truly a different experience," she said.

And now, next fall, she will be off to the United States, to further her soccer career and further her education to boot.

SCOTT CAMPBELL / METROLAND MEDIA

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# Venerable Lord Elgin Hotel gets facelift for 75th birthday



The Lord Elgin Hotel is going through a major renovation this year. JOE LOFARO/METRO

## HOSPITALITY

### Extensive updates to rooms will cost about \$10M



**Tom Pechloff**

Ottawa Business Journal

More than 250 people attended a recent weekend gala to mark the 75th anniversary of the laying of the cornerstone at the Lord Elgin Hotel, but the Ottawa landmark is planning much more than a party to mark its anniversary.

"The hotel is actually, throughout the year, going through a major renovation as well through the summer months, trying to get ready for 2017," director of sales and marketing Ann Meelker told OBJ in a recent interview.

Meelker said the renovations — the hotel's first since 2004 — will include extensive updates to all the rooms and corridors, estimating the tally at \$28,000 per room.

That puts the total cost of the makeover in the \$10-million range.

"We're excited. We want it ready for the big 150th (anniversary of Confederation next year), so we're doing it in short order," she said. "Short-term pain for long-term gain."

The Lord Elgin was designed

by the same architects who were behind the Chateau Laurier and Toronto's Royal York Hotel.

Unlike those hotels, however, the Lord Elgin, originally run by the Ford Hotel Company, has managed to remain locally owned for most of its existence, Meelker said.

Its current owners, Gillin Engineering & Construction, also own the Residence Inn on Laurier Avenue and the Hotel Indigo on the corner of Laurier Avenue and Metcalfe Street. Gillin's other holdings include the Residence Inn in Kingston and an interest in the Westin in Montreal.

While the Residence Inn is part of the Marriott chain and Hotel Indigo is a member of the Intercontinental Hotels Group, the Lord Elgin remains independent.

The industry has seen major consolidations in the last few years, but the Lord Elgin continues to outperform many other hotels in the area, according to Meelker.

"The Internet really has changed a lot in that realm," she said. "People now search for travel online. As long as you can play that game well, you can compete, if you have a good product in a sound location."

She said the hotel has been marketed internationally for several years and has a solid brand. While she wouldn't reveal its annual revenues, she said the Lord Elgin's average occupancy rate is about 80 per cent and its average room rate is \$160. That would put annual revenues at more than \$16 million.

Meelker attributes the hotel's "fairly high" occupancy

rate to its diverse group of customers.

"We have a good, strong leisure base, a strong meeting and group base. We have quite a lot of business travel, so we have a good mix and that helps to balance it all out," she said.

The hotel may host more public events as the anniversary of the opening approaches, she said, adding there will definitely be a celebration for employees.

"A lot of our staff has been here for 10, 20, 30, 40 years," said Meelker, who started her own career at the Lord Elgin four decades ago with a summer job as a reservation clerk.

"They've been a big part of the story, so we want to recognize them at that time and make sure we honour that. That's a huge part of who we are."

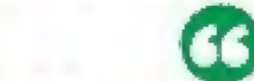
"It has a way of getting into your blood," she said. "It's a very different kind of hotel."

## + STAR POWER

### Mackenzie King was hotel's first guest

Prime Minister William Lyon Mackenzie King and Mayor Stanley Lewis were among the dignitaries who attended the laying of the cornerstone on Feb. 27, 1941. King was also the first person to sign the guest registry when the hotel opened on July 19 of that year.

"He was really involved from very early on," director of sales and marketing Ann Meelker said.



**A lot of our staff has been here for 10, 20, 30, 40 years.**

Ann Meelker

## TRAVEL

### North America's top airports: We're No. 2 (so are five others)

The Ottawa International Airport is part of a six-way tie for the second-best airport in North America, according to the Airports Council International 2015 rankings.

Ottawa's airport scored higher than in 2014, with improvements in overall business traveller satisfaction, wait time at passport/ID/security inspection, Internet access/Wi-Fi and courtesy/helpfulness of staff.

"The silver medal is a testament to the passion and cus-

tomers service commitment of the entire airport community," airport authority president and CEO Mark Laroche said in a statement. "I'm also proud to see our individual scores in many service categories improve year over year."

The Indianapolis International Airport took the gold medal in this year's rankings.

Saskatoon International Airport was named the most improved in North America.

Seoul Incheon and Singa-

pore tied for first among the world's busiest airports (over 40 million passengers per year).

Among other winners: London Heathrow was best large airport in Europe (over 40 million); and Guayaquil, Ecuador, was best airport overall in Latin America-Caribbean.

The ACI Airport Service Quality program is based on assessing passengers' satisfaction at over 300 airports worldwide. **ONTARIO BUSINESS JOURNAL, WITH FILES FROM THE CANADIAN PRESS**

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Ontario Premier Kathleen Wynne speaks during the United Nations Climate Change Conference in December 2015 in Paris. CHRISTOPHE ENA / THE CANADIAN PRESS/AP

## Safe water for First Nations, Wynne urges

HEALTH

### Premier calls on provinces, feds to ensure standards

Ontario will push for a national agreement at this week's First Ministers' meeting in Vancouver to ensure First Nations communities have safe, clean drinking water, Premier Kathleen Wynne said Tuesday.

There are more than 150 boil water advisories or do not consume advisories in about 112 First Nations communities across Canada, some more than 15 years old.

"It's unacceptable to me that we have boil water orders in first Nations communities in Ontario, and that is the case across the country," said Wynne.

First Nations' leaders from northern Ontario declared a public-health emergency last week, asking for a detailed intervention plan to ensure communities have access to safe, clean drinking

water. A dire shortage of basic medical supplies and an epidemic of suicides among young people were other reasons for issuing their plea for help.

Wynne said she'll raise the drinking water issue when she meets Wednesday with Prime Minister Justin Trudeau, provincial and territorial premiers and First Nations, Inuit and Metis leaders in Vancouver.

Indigenous leaders will be consulted for their input on Canada's approach to climate change, but Wynne said she knows they have other pressing issues to deal with.

David Zimmer, Ontario's minister of aboriginal affairs, said the previous federal government virtually refused to work with the province on First Nations issues, and only agreed last year to co-operate with Ontario on drinking water for reserves.

Ontario's opposition Progressive Conservatives said the province's Liberal government has been in power for 13 years, and there have been boil water advisories in First Nations communities for every one of those years.

THE CANADIAN PRESS

#### POST-SECONDARY EDUCATION

## Grants to rise with inflation, tuition: Minister

Grants that will make tuition free for thousands of students will increase along with tuition fee hikes, Ontario's colleges and universities minister said Tuesday as opposition parties clamoured for more details on the new program.

The Liberal government announced in its budget last week that it is combining existing programs to create an Ontario Student Grant, which would entirely pay for average college or university tuition for students

from families with incomes of \$50,000 or less.

Under the new program, half of students from families with incomes of \$83,000 will qualify for non-repayable grants to cover their tuition and no student will receive less than they can currently receive.

The government is defining average college tuition as \$2,768 and average university tuition as \$6,160, for arts and science programs.

A cap on tuition hikes that had

limited increases to an average of three per cent annually ends next year, as the grants are set to take effect.

"If the tuition fees go up, the grant goes up as well, so the grant is indexed to tuition fee increases," Training, Colleges and Universities Minister Reza Moridi said Tuesday.

The NDP is not convinced that will happen, since they said they had tried to get answers on it since the budget was released Thursday.

"We raised issues around whether or not this fund would be indexed to inflation, whether it would be indexed to tuition increases and those are questions that we have," said deputy leader Jagmeet Singh.

Premier Kathleen Wynne said the new program will cover average tuition for more than 150,000 students and make it more affordable for thousands more, granting money up front and allowing students to graduate with less debt. THE CANADIAN PRESS

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#### IN BRIEF

**Police seek suspect from alleged knife incident**  
Ottawa police are looking for a suspect who held a knife to the throat of a convenience store employee and cut him before fleeing the scene with stolen cash. The robbery happened on Feb. 25 in the 2600 block of Alta

Vista Drive at about 10:15 a.m. The suspect entered the store and pushed the employee to the ground before threatening him with a knife, according to police. Anyone with information with respect to this robbery is asked to call police at 613-236-1222 ext. 5116.  
JOE LOFARO/METRO

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# Food guide needs update

## NUTRITION

### Standards now obsolete as waistlines keep expanding

Canada's Food Guide, which presents fruit juice as a healthy choice, is in need of a drastic overhaul to help combat the country's obesity crisis, a Senate committee warned Tuesday as it released findings of a study spanning more than a year.

The report paints a bleak picture of Canadians plagued with conditions linked to excess weight and takes direct aim at Health Canada's recommendations on juices most commonly served at breakfast tables.

"Canada's dated food guide is no longer effective in providing nutritional guidance to Canadians," the report said. "Fruit juice, for instance, is presented as a health item, when it is little more than a soft drink without the bubbles."

The report, which pegs the cost of obesity at between \$4.6-billion and \$7.1-billion a year in health-care needs and lost productivity, also suggested the committee got an earful on the failings of the food guide.

"Several witnesses suggested that Canada's Food Guide has been at best ineffective," it said.

An overhauled food guide should be based on the latest science and must make strong statements about restricting consumption of highly processed foods, the study added.

**"We can't sugarcoat it any longer. The obesity crisis is real."**

Sen. Kelvin Ogilvie

The report also suggested the government should consider a ban on advertising food and drinks to children and a possible tax on sugar-sweetened beverages.

Not surprisingly, industry quickly shot back Tuesday after the report was released.

In a statement, the Canadian Beverage Association rejected the sweetened-beverage tax option and said the drinks make up a small portion of calories in Canadian diets.

THE CANADIAN PRESS



Syrian refugee boys attend class at an education center run by Relief International in the Zaatari Refugee Camp, near Mafraq, Jordan in January 2016. THE ASSOCIATED PRESS

## REFUGEE CRISIS

### Matching aid dollars for Syria falls short

The dollars are still being counted, but the amount of money donated by Canadians for overseas Syrian relief efforts will likely fall well short of the maximum \$100 million the government had promised to match.

Monday marked the final day for Canadians to give money for Syrian aid in order to ensure those dollars were matched by the federal government.

Upwards of \$16 million in donations had been received by Monday by UNICEF, World Vision and the Red Cross, but several other groups taking part have not released their figures.

The program, launched by the Conservatives, was set to close at the end of 2015 but the Liberals extended the deadline to raise more money.

At the time the government announced the exten-

sion, about \$12 million had been raised since the program launched last September.

Since January 2012, Canada has committed \$653.5 million in humanitarian assistance in response to the Syria crisis.

Previously, the government had only used matching funds

in response to natural disasters.

The Syrian fund was created by the Conservatives in response to a surge in Canadian demand to do more to help alleviate the massive humanitarian crisis caused by the nearly five-year old Syrian

civil war.

THE CANADIAN PRESS

**\$100M**

The maximum amount the government has promised to match for Syrian relief.

## ENVIRONMENT

### Market-oriented green group gets boost

Prime Minister Justin Trudeau gave a boost Tuesday to a new cross-sectoral group of business leaders, labour, non-governmental organizations, government and academics who want to accelerate Canada's transition to a high-efficiency, low carbon economy.

Smart Prosperity officially launched in Vancouver with

encouragement from Trudeau, whose Liberal government's climate agenda appears to dovetail with the economic transformation envisioned by the new market-oriented group.

Twenty-six individuals have signed on to the initiative, including an eclectic mix of top representatives from

banks and insurance companies, aluminium smelters, the United Steel Workers union, a grocery chain, investment firms and the World Wildlife Federation.

They're looking to identify and promote policies that spur innovation, generate jobs and boost the economy while improving the environment

and conserving Canada's natural heritage.

"I'm a big believer in government not playing the leadership role," Annette Verschuren, one of three Smart Prosperity co-chairs and the former president of Home Depot Canada, said in an interview before Tuesday's announcement.

THE CANADIAN PRESS



Prime Minister Justin Trudeau speaks during the launch of Smart Prosperity on Tuesday.

DARRYL DYCK/THE CANADIAN PRESS

## IN BRIEF

### Kenya benefits from Kanye's infamy

A website suggests that fans who might spend \$700 on one of Kanye West's sweaters donate the money to charity instead.

Todd Lorentz, a director of One Child's Village, says donations are starting to come in as a result.

THE CANADIAN PRESS

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## ENVIRONMENT

# B.C. says Great Bear Rainforest act comes with co-operation



B.C. Premier Christy Clark THE CANADIAN PRESS

British Columbia Premier Christy Clark says her government's protection of the Great Bear Rainforest is the province's gift to the world.

B.C. introduced legislation Tuesday that protects most of the globe's largest intact temperate rainforest on B.C.'s rugged central coast from logging. "We all knew that 'yes' today would mean something incredible for the next 100 years, for the next 500 years, not just for B.C., but the entire world,"

Clark said at a ceremony after the protection law was introduced in the legislature.

The Great Bear Rainforest Forest Management Act protects 85 per cent of the 6.4-million-hectare area that stretches from the Discovery Islands on Vancouver Island northwards to Alaska.

The government announced a landmark agreement last month to protect the area after 20 years of talks with industry, First Nations and conservation



If the job was easy, it could have been done a long time ago.

Forest company executive Ric Slaco

groups.

Clark said the protected area covers seven per cent of B.C.'s land mass and is the size of Ireland.

Forests Minister Steve Thomson said often-opposing groups in B.C. learned to co-exist and the result is an agreement that

shares and preserves the riches of a global treasure, located about 700 kilometres north of Vancouver.

Anti-logging protests during the 1990s drew worldwide attention to the Great Bear Rainforest, forcing all sides to compromise. THE CANADIAN PRESS

## Assisted death OK'd

## LAW

### Judge permits woman with ALS to have her life put to end

A judge has ruled that an Alberta woman with a terminal illness can have a doctor-assisted death.

The Calgary woman, who cannot be identified due to a publication ban, is in the final stages of amyotrophic lateral sclerosis, or ALS, also known as Lou Gehrig's disease.

The court decision released Tuesday says the woman has no more than six months to live and is in significant pain.

"I am not suffering from anxiety or depression or fear of death," the woman, referred to as Ms. S, said in a court affidavit. "I would like to pass away peacefully and am hoping to have physician-assisted death soon."

"I feel that my time has come to go in peace."

Court of Queen's Bench Justice Sheilah Martin said the woman's application is the only one she is aware of in Canada.

Quebec has its own law governing what it calls medical aid in dying, which went into effect in December. Health officials in Quebec City confirmed the first death under the law in January.

### + EXEMPTIONS

The Supreme Court ruled last winter that consenting adults enduring intolerable physical or mental suffering have the right to end their lives with a doctor's help.

The high court has given the federal government more time to write a new law on physician-assisted death, but is allowing anyone who wants to die sooner to ask a judge for an exemption.

THE CANADIAN PRESS

"I am satisfied that Ms. S fully and freely consents to the termination of her life," Martin wrote in her ruling.

"Her application is not made in a moment of weakness and her desire for physician-assisted death is long standing."

Court heard that Ms. S is a retired clinical psychologist and former award-winning dancer who was active before her diagnosis in 2013.

ALS is a degenerative neurological disease that causes muscle weakness. Ms. S is in the final stages, unable to speak and almost completely paralyzed. She cannot swallow liquids and water is pumped into her stomach through a tube.

THE CANADIAN PRESS

### JOURNALISM

#### Media freedom on the line

Forcing a news outlet to turn over materials it used for stories on a suspected terrorist would set a dangerous precedent for media freedoms, an Ontario court heard Tuesday.

In submissions on behalf of Vice Media, lawyer Iain

MacKinnon said the RCMP were on a sweeping fishing expedition that could undermine the media's ability to report on matters of public interest.

"The effect on journalists could be crippling," MacKinnon said. "It could prevent them from doing their jobs." THE CANADIAN PRESS

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# Super sweeps

## U.S. POLITICS

### Clinton, Trump lead top electoral day

Republican Donald Trump and Democrat Hillary Clinton were sweeping through the South on Super Tuesday, with the front-runners claiming victory in their parties' primaries in Georgia, Alabama and Tennessee. Clinton also picked up a win in Virginia, while Trump carried the Republican contest in Massachusetts.

Super Tuesday marked the busiest day of the 2016 primaries, with the biggest single-day delegate haul up for grabs. With elections in every region of the country, the contests put a spotlight on candidates' strengths and weaknesses with a broad swath of American voters.

For Clinton and Trump, the voting marked an opportunity to begin pulling away from their rivals and charting a course toward the general election. Each entered Super Tuesday having won three of four early voting contests, and more

strong showings could start putting the nominations out of reach for other contenders.

Seconds after polls closed in Georgia, a confident Trump wrote on Twitter, "Thank you Georgia!"

Clinton was steadying herself after an unexpectedly strong challenge from Bernie Sanders. The Vermont senator did carry his home state decisively on Tuesday, and told the crowd at a raucous victory party that he was "so proud to bring Vermont values all across this country."

Early exit polls underscored Sanders' continued weaknesses with black voters, a core part of the Democratic constituency. Clinton led with African-Americans, as well as both men and women, in Georgia and

Virginia, according to surveys conducted by Edison Research.

Sanders continued to show strength with young voters, carrying the majority of those under the age of 30.

The contests come at a turbulent time for the GOP, given Trump's strengths in the face of opposition from many party leaders. Florida Sen. Marco Rubio and Texas Sen. Ted Cruz launched furious verbal attacks on the billionaire businessman in recent days, but some in the party establishment fear the anti-Trump campaign has come too late.

Trump's wins in the South were a blow to Cruz, who once saw the region as his opportunity to stake a claim to the nomination. Cruz's future hinged on a victory in his home state of Texas, the biggest prize of the day.

Rubio's goal was even more modest — he was seeking to stay competitive in the delegate count and hoping to pull off a win in his home state of Florida on March 15.

THE ASSOCIATED PRESS

For the latest results, go to [metronews.ca](http://metronews.ca)

## + DELEGATES

Democrats were voting in 11 states and American Samoa, with 865 delegates up for grabs. Republicans were voting in 11 states, with 595 delegates at stake.



Top: A supporter holds up portrait of Hillary Clinton during an event at Ice Palace Films Studios in Miami. Bottom: Donald Trump speaks at the Kentucky International Convention Center. GETTY IMAGES

## SPACE MISSION

### 'We did it': Spacemen return from longest NASA trip



Scott Kelly of NASA, left, and Mikhail Kornienko of Roscosmos have returned from NASA's longest flight. NASA/THE ASSOCIATED PRESS

Astronaut Scott Kelly closed the door Tuesday to an unprecedented year in space for NASA, flying back to the planet and loved ones he left behind last March.

Kelly and his roommate for the past 340 days, Russian cosmonaut Mikhail Kornienko, were due to check out of the International Space Station Tuesday night.

By the time their capsule lands in Kazakhstan on Wednesday, the pair will have travelled 144 million miles through space, circled the world 5,440 times and experi-

enced 10,880 orbital sunrises and sunsets.

Kelly photographed the first five sunrises of his waking day Tuesday, posting the pictures on Twitter, before quipping, "I gotta go!" His final tweet from orbit came hours later: "The journey isn't over. Follow me as I rediscover #Earth!"

Piloting the Soyuz capsule home for Kelly, 52, and Kornienko, 55, will be the much fresher and decade younger cosmonaut Sergey Volkov, whose stint lasted the typical six months.

Kelly was the first one into

the docked Soyuz capsule after a round of hugs and handshakes with the three crewmen staying behind. Kornienko reached out and patted the inside of the station before the hatches swung shut.

As he relinquished command of the space station Monday, Kelly noted that he and Kornienko "have been up here for a really, really long time" and have been jokingly telling

one another, "We did it!" and "We made it!"

"A year now seems longer than I thought it would be," Kelly confided a couple weeks ago.

Kelly's closest U.S. contender trails him by 125 days. Russia

continues to rule, however, when it comes to long-duration spaceflight. The world record of 438 days was set by a Russian doctor during the mid-1990s. THE ASSOCIATED PRESS

# 144M

The pair will have travelled 144 million miles through space upon their arrival.

## REFUGEE CRISIS

### Tens of thousands stuck on Greek border

On foot or by taxi, hundreds of exhausted refugee families trying to reach Western Europe flocked Tuesday to a burgeoning tent city on Greece's border with Macedonia, which had not allowed anybody in for 24 hours, citing a similar policy by Serbia further north.

The impasse drew strong criticism from the UN refugee agency, which said Europe "is on the cusp of a largely self-induced humanitarian crisis." A UNHCR statement said incon-

sistent policies in the continent, which faces its worst immigration crisis since the end of the Second World War, "are causing unnecessary suffering and risk being at variance with EU and international law standards."

Police say there could be up to 10,000 people — mostly Syrian and Iraqi refugees — stuck at the country's Idomeni border crossing now in deteriorating conditions.

THE ASSOCIATED PRESS



Refugees look towards Macedonia at the border near the Greek village of Idomeni on Tuesday. AFP/GETTY IMAGES

## UNITED KINGDOM

### Meteor lights up sky above Scotland

Scientists say a meteor was the cause of a bright flash of light reported by people across Scotland and northern England. Police said they received calls with reports of a loud bang, a sudden blue, green or white light or a fireball in the sky.

Several drivers caught the sudden flash and streak of light on their dashboard cameras. Driving instructor Bill Addison said it looked like "a bright,

electric blue spark."

Steve Owens, manager of the Glasgow Science Centre planetarium, said the likely culprit was a chunk of space rock — "about the size of a tennis ball or maybe even a watermelon" — that was burning up in the atmosphere.

The U.K. defence ministry wouldn't comment on whether the flash was linked to military activity. THE ASSOCIATED PRESS

# Doggy darlings big business for owners

## INSTAGRAM

### Companies looking to harness puppy star power

Dean just turned two years old, but he already has more than 107,000 Instagram fans following his squirrel-chasing, stick-fetching and snack-sneaking adventures in Toronto.

The floppy-eared basset hound is one of several Canadian dogs whose #DogsOfInstagram game is on point. These rising canine stars can score anything from free doggie treats to lucrative book deals as companies look to harness the puppies' star power.

Carly Bright and Nathan Sidon picked up Dean from a breeder in April 2014. One month later, the couple launched Dean's Instagram account to avoid spamming their own followers with incessant pictures of their puppy.

His photos started resonating with strangers, though, and by late summer, his account cracked 1,000 followers.

Bright continued posting about one picture daily and fine-tuned Dean's voice. The captions, Sidon said, are the couple's "best understanding" of their dog's perspective.

"He's got a big personality," said Bright.

While they consider Dean's social media presence a hobby rather than a business, interest in the hound's potential to peddle products has grown along with his following.

"People reach out to him all the time," Sidon said.

At first, the couple reacted with excitement each time a brand contacted them to inquire about working with Dean. Now,



Carly Bright cuddles her basset hound Dean at their Toronto home. MICHELLE SIU/THE CANADIAN PRESS



### People reach out to him all the time.

Name of person

emails arrive in Dean's inbox multiple times a day.

Sometimes the companies want to send Dean a free product, hoping his owners will showcase it on the account, said Sidon. Other times, they offer financial compensation for doing so.

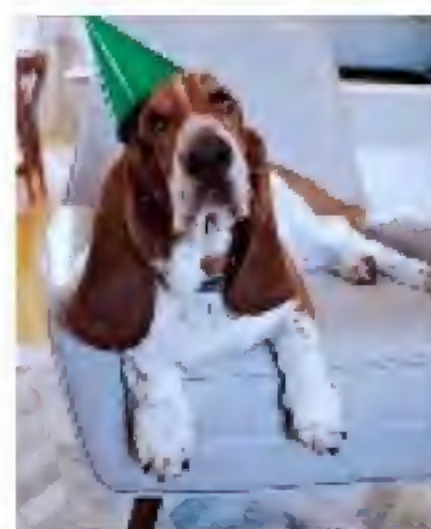
Fohr Card, a company that helps brands find human in-

fluencers, created a spinoff, Fur Card, to showcase the growing number of popular animals on social media.

The deals can be lucrative. The dogs earn a fee or freebie for posting about a brand's products, or can lend their image to merchandise of all kinds.

Dean's owners have been asked to lend his likeness to socks, sandals and 3D figurines, but Bright and Sidon have passed on the offers to maintain the integrity of Dean's Instagram page and keep it relatively advertisement-free.

THE CANADIAN PRESS



Dean has more than 107,000 followers on Instagram.

MICHELLE SIU/THE CANADIAN PRESS

## TELEVISION

### Get the skinny on your basic cable

Canadians now have the choice to pay no more than \$25 a month for basic cable as the deadline for the CRTC-mandated so-called skinny cable and satellite packages dawned Tuesday. The regulations came after the federal regulator's Let's Talk TV campaign, launched in 2013, found Canadians wanted more choice from their cable providers.

#### What's a basic-cable package?

Basic-cable packages must include at least 10 local and regional TV channels, public interest channels (like the Aboriginal Peoples Television Network), educational programming, community channels and legislative channels where available.

#### Is that all that's included?

That's the bare minimum for skinny cable packages.

They may also include local AM and FM radio stations, up to 10 non-local TV stations and another province or territory's educational programming if there's no local alternative.

#### Some U.S. networks may also be included.

Shaw, Rogers, VMedia and Cogeco offer some U.S. channels in their basic packages, according to their online offerings, while

Bell, Telus, Videotron and Sasktel do not.

#### What if I want other channels?

Customers can also choose to pay extra and add on supplementary channels to their basic cable packages through either individual, a-la-carte channel selections or small, pre-packaged bundles of up to 10 channels.

#### Does it cost less than previous plans?

While the monthly cost of the skinny package is capped at \$25 monthly, that doesn't include installation or equipment fees.

Bell's starter package, for example, costs \$24.95 for basic channels. But new customers selecting that plan must pay another \$7 monthly for an HD receiver, or \$15 monthly for an HD PVR rental, or \$499 to purchase the unit. There's also a one-time installation fee of \$49.95 for customers signing on for a two-year contract, or \$199.95 for those without a contract.

#### How do I make the switch?

TV viewers wanting to make the switch can visit the websites of cable providers to determine what packages, a-la-carte channel and bundle options most appeal to their needs. THE CANADIAN PRESS

## SWEDEN

### McDonalds adds VR goggles to Happy Meals

Move over analog Happy Meal toy, McDonald's is rolling out virtual reality for their youngest patrons. The newly-announced "Happy Goggles," being marketed at 14 locations in Sweden from March 5 to March 12, is meant to be paired with Slope Stars, a ski-themed VR game. COLIN MCNEIL/METRO

## market minute

**DOLLAR** 74.55¢ (+0.65¢)

**S&P/TSX** 12,982.10 (+121.75)

**OIL** \$34.40 US (+65¢)

**GOLD** \$1,230.80 (-\$3.60)

**NATURAL GAS** \$1.74 US (+3¢)  
**DOW JONES** 16,865.08 (+348.58)



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## ROSEMARY WESTWOOD

metroview

### Where's the pardon for the state's place in staff rooms of the nation?

A posthumous pardon is certainly far better than none at all.

So it was a victory for many this week, when the federal government announced it would pardon Everett Klippert, the only man labelled a dangerous sex offender simply because he was gay.

The Liberals also announced a review of convictions prior to 1969 for buggery and gross indecency — offences that punished gay sexual acts.

It's a laudable move, but an incomplete one.

To begin with, 1969 was the year that gay sexual acts, called gross indecency, were decriminalized — but not anal sex, or buggery, which remained on the books until 1988. That's kind of like decriminalizing a grilled cheese sandwich, but not the cheese. In fact, a Global investigation found convictions actually spiked in the 1980s.

Of course, to seek pardons for the criminalization of gay sex post-1969 would force the Liberals to admit that Pierre Elliott Trudeau was not a perfect flag-bearer for gay rights. His 1967 announcement that "there's no place for the state in the bedrooms of the nation" did not mark an end to the state's interest in gay sex.

Plus, Trudeau failed, in both of his stints as prime minister, to end the imposition of the state into the bedrooms of its

staff. Between 1958 and 1992, the government spied on and fired gays and lesbians in the military and public service.

"It's relatively easy to begin to pardon individuals. It's much more difficult for them to say, in a general way, 'What the Canadian state did to gays and lesbians was totally wrong,'" says Gary Kinsman, co-author of *The Canadian War on Queers* and part of a group calling for a federal apology. They had the official support of the NDP before the election. Liberal interest has extended to meetings with a few MPs, and not much more, Kinsman says.

That is a shame. It might be difficult to admit widespread wrongdoing, but it's actually a less bureaucratic process to apologize for firing people for being gay, than to review reportedly thousands of convictions over many decades. Perhaps there's a fear of lawsuits, a bad reason to leave a wrong unrighted. Perhaps the Liberals worry about their image as defenders of LGBTQ rights, much touted during the election. I hope not.

Public apologies should be serious matters, carefully considered, but a government that's quick to pardon one man who did nothing wrong should surely be able to apologize to the equally innocent Canadians it hunted down and purged for decades.

## URBAN ETIQUETTE ELLEN VANSTONE



### THE QUESTION

**How do I tell people I don't want to be upsold at the cash? Every time I say no, I feel either disorganized or cruel. I want to stop this insanity without being rude. What do I do?**

Dear Ellen,

How do I tell people I don't want to be upsold at the cash — air miles, donation to sick children, a croissant with that chai latte? Every time I say no, I feel disorganized (travel points) and cruel (very ill children). Even worse — and this may be a whole other etiquette question — is to be asked for my name when placing my order at Starbucks (not to mention the follow-up: "Is that with a C or a K?" What does it matter?). I want to stop this insanity without being rude. What do I do?

Catherine

Dear Catherine,

I don't find upselling as irritating as you do, though admittedly, when the epidemic first began to take hold, I did find it mystifying. Why were staff at checkout counters constantly asking me if I wanted soup or salad with that, or if I needed any windshield washer today, or had I noticed the buy-two-get-one-free offer in the shoe department. Did I look like a hungry, absent-minded, scuffed-shoe consumer with a dirty car?

At first, I would stop to explain to checkout people that I appreciated their concern, but that I had everything I needed, and hoped they wouldn't be offended that I was declining their considerate suggestions. But after being met with confusion, boredom or irritation, I soon

**I found your fellow objectors very much in the minority, drowned out by millions of enthusiastic links on what a fabulous idea upselling is.**



© Ani Castillo

realized they weren't asking out of concern for me at all! They were simply doing their job as wage slaves trained to harass the customer into spending more money before being allowed to escape.

Now I save time for everyone by quickly saying, "No thank you" as soon as the upsell begins. They don't care. In fact, they seem to appreciate being let off the hook right off the bat (to mix metaphors). They finish ringing up my purchase(s), send me on my way and happily move on the next customer. With this courteous but firm approach to the aggressive upsell, both parties are able to remain friendly and polite, which is a nice way to end any encounter.

If you're hoping to prevent

being upsold altogether, I'm afraid you're out of luck. Out of curiosity, I went online to investigate the phenomenon, wondering if others felt as annoyed and manipulated as you do. Surely if enough people hated it, you could join together in a mass protest to end it?

Instead, I found your fellow objectors very much in the minority, drowned out by millions of enthusiastic links on what a fabulous idea upselling is, and how it can be used by almost any business to increase sales and profits. The most successful upsell of all time — "Would you like fries with that?" as pioneered by McDonald's — has been working like gangbusters since the 1970s and continues to increase profits by millions per

year. In short, resistance is futile. The upsell is here to stay.

As for your objection to having to give your name when placing an order at Starbucks, and then being asked how to spell it, I'm tempted to suggest you invest in a meditation course or regular massage sessions, except you might misconstrue my sincere concern as upselling.

What I will advise is that you take control of the situation. Place your order and then, without being prompted, volunteer your name and the first initial: "That's for Catherine, with a C."

Give them a little something extra: An upspell.

**Need advice?**  
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## Miso, my! Easy ramen broth

### GUEST-WORTHY MEAL

### Elevate instant noodle staple by making your own stock

Aside from a box of Kraft Dinner, nothing personifies singleness more than a packet of instant ramen.

The cheap block of instant noodles is delicious and satisfying, but the packet of powdered soup broth contains an entire day's worth of salt. Here's an easy way to make your own broth that is just as satisfying but with considerably less sodium so you can drink it without gasping for water.

While you're at it, take a few extra minutes and add vegetables and leftover meat to create a complete meal worthy of guests. You'll think twice about lining up for a \$15 bowl of ramen after making this.

### Baller Ramen

Makes one serving.

#### Ingredients:

- 1 large egg
- 2 cups (500 mL) water
- 2 tsp (10 mL) white miso paste
- 1 tsp (5 mL) soy sauce
- 1/2 tsp (2 mL) sesame oil
- 1 packet instant ramen noodles
- 2 heads of baby bok choy, leaves separated and rinsed
- 1/4 cup (60 mL) kimchi
- 1/3 cup (80 mL) edamame
- 1 Tbsp (15 mL) canned corn kernels, drained and rinsed

#### Directions:

1. Place egg in a small pot filled

with enough cold water to submerge egg by at least an inch. Cover. Over medium-high heat, bring water to a rapid boil. Remove

from heat and let sit covered for 12 minutes, or 6 minutes for soft-boiled eggs. Take out egg and submerge in bowl of cold water for 5 minutes until cool to the touch. Remove shell and slice in half lengthwise. Set aside.

2. While egg is cooking, in a small saucepan over medium heat whisk together water, miso paste, soy sauce and sesame oil. Bring to a rapid boil and add bok choy and ramen, stirring until leaves are tender and noodles are al dente,

Take a packet of instant ramen and turn it into a complete meal by whipping up a simple miso broth, adding vegetables and a hard-boiled egg as a finishing touch.

TORSTAR NEWS SERVICE

### FOOD TIP

#### What's the best way to peel an egg?

J. Kenji López-Alt of Serious Eats, did exhaustive research on making the perfect boiled egg.

He concludes that shocking the egg in icy water and letting it cool completely is key in preventing the egg from sticking to the shell.

Also, he says to gently tap the shell all over rather than aggressively roll it across the counter, then peel under cold water.

about 2 to 3 minutes.

3. Transfer to bowl. Top with sliced eggs, kimchi, edamame and corn. Serve immediately.

#### Other proteins to consider:

Cooked chicken, tofu cubes, thinly sliced

Spam, cooked bacon.

#### Other veggies to consider:

Broccoli florets, sliced red pepper, bean sprouts, finely chopped bitter greens, pickled carrots and daikon.

#### Bonus condiments:

Nori, sesame seeds, Sriracha or any kind of hot sauce.

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**ROSE REISMAN THE SAVVY EATER****THIS WEEK: Bacon**

Bacon and eggs have been a popular breakfast choice for Canadians for decades, but changing up the bacon variety could save your weight and heart!

**PICK THIS****Peameal bacon (cooked, 4 slices)**

Calories 100  
Fat 3.5 g  
Saturated Fat 1.5 g

**SKIP THIS****Bacon (cooked, 4 slices)**

Calories 200  
Fat 19 g  
Saturated Fat 7 g

**HERE'S WHY**

**Equivalent to 2.5 six-inch Ham subs (with lettuce, tomato and cheese) in fat from Subway**

Peameal bacon, also known as Canadian or back bacon, comes from a lean boneless, pork loin, which is low in fat and saturated fat. Traditional bacon slices on the other hand, come from the belly of a pig, yielding twice the calories and five times the fat and saturated fat. Regardless of the type of bacon you pick, always only eat it occasionally since both options are high in sodium!

**FOOD BRIEFS****Liquid assets**

Masi Agricola, one of Italy's perennial producers in the Vento region, begins its celebration of the 50th anniversary of Campofiorin (\$19.49-\$20.95), its flagship red blend, with an Instagram contest. Just snap a shot of a meal inspired by the wine and post it with the hashtag

**#Campofiorin50.**

First released in 1964, Campofiorin is made from a ripasso-style technique originated by Masi that sees fresh vinified juice from Valpolicella re-fermented along with grapes that have been slightly dried. The current 2012 vintage is



a rich, but very accessible, wine with universal appeal that has, to quote Masi on its food-friendliness, "versatility that inspires experimentation." Prices reflect the range across the country. Some products may not be available in all provinces. PETER ROCKWELL/METRO

# Potluck favourite: Vegan Shepherd's Pie



Use whatever veggies you have to create your own version.

**RECIPE**

## Don't get put off by all the layers, this pie is pretty simple

**Five-Layer Vegetable Shepherd's Pie**

Have a potluck coming up? Make this a day or two ahead. Then warm it in the oven for 20 minutes at 350 F (180 C) and reheat the vegan (yes, vegan) gravy over the stove.

**Mushroom layer**

- 3 Tbsp (45 ml) olive oil
- 2 cloves garlic, finely minced
- 1 2/3 cups (310 ml) finely minced white onion
- 1 lb (450 g) button mushrooms, coarsely chopped
- 1/2 tsp (2 ml) table salt

**Squash/Zucchini layer**

- 1 Tbsp (15 ml) olive oil
- 2 cups (500 ml) finely diced, peeled squash
- 2 cups (500 ml) finely diced zucchini
- 1/2 tsp (2 ml) table salt

**Quinoa**

- 2 cups (500 ml) water
- 1 cup (250 ml) quinoa, rinsed

**Bell pepper/leek**

- 1 Tbsp (15 ml) olive oil
- 1 green pepper, finely diced
- 2 cups (500 ml) chopped leeks, white parts only
- 1/2 tsp (1 ml) table salt

**Potatoes**

- 1 1/2 lb (675 g) medium white potatoes (about 5), peeled
- 1/2 cup (125 ml) no salt-

added vegetable broth

- 1/4 tsp (1 ml) cayenne or paprika, if desired

**1.** For mushroom layer, in a large frying pan, heat oil and garlic over medium heat. Cook 2 to 3 minutes until the garlic starts to brown. Add the onions, mushrooms and salt. Stir and cook, allowing the onions to turn translucent and the mushrooms to shrink in size and begin to brown, about 20 to 25 minutes. Pour the mushroom-onion mixture in an even layer into a 10.5-by-7.5-inch (27-by-19-cm) oven-safe casserole dish. Set aside.

**2.** For squash layer, in large frying pan, heat oil on medium heat. Add squash, zucchini and salt. Stir and toss until the squash and zucchini become tender and begin to brown, about 10 minutes. Layer mixture evenly on top of the mushroom-onion mix in the casserole dish.

**3.** For quinoa layer, bring water to a boil over high heat. Add quinoa. Stir. Reduce heat to low. Cover; cook 10 minutes, or until quinoa is tender and liquid has evaporated. Layer on top of squash and zucchini.

**4.** For the bell pepper layer, in the frying pan, heat oil on medium heat. Add green pepper, leek and salt. Cook, stirring, until tender, about 8 to 10 minutes. Layer on top of cooked quinoa.

**5.** Meanwhile, for potato layer, fill a medium pot two-thirds full with water. Bring

**VEGAN GRAVY**

- 1 Tbsp (15 ml) olive oil
- 1/3 cup (75 ml) finely minced white onion
- 1/2 tsp (2 ml) table salt
- 1/4 tsp (1 ml) black pepper
- 1 1/2 cups (375 ml) no salt-added vegetable broth
- 1/2 tsp (2 ml) soy sauce
- 1 Tbsp (15 ml) all-purpose flour

In small saucepan, heat oil over medium heat. Add onions, salt and pepper. Cook until onions soften and turn translucent, about 10 minutes. Add broth and soy sauce. Stir. Quickly whisk in flour, making sure there are no clumps. Reduce heat to low and gently simmer 20 minutes, or until the gravy thickens. Makes about 1 1/2 cups (375 ml) gravy.

to boil over high heat. Add potatoes. Cover. Boil 20 to 30 minutes, or until a knife easily slides into potatoes. Drain and let air dry. Transfer to a mixing bowl. Add the room-temperature broth while the potatoes are still hot. Using a potato masher or fork, mash the potatoes until creamy. Spread potatoes in an even layer on top of the casserole dish using a spatula. Sprinkle cayenne or paprika, if using.

**6.** Bake casserole in preheated 350 F (180 C) oven 15 to 20 minutes, or until the potato crust turns golden brown.

Serve with gravy, if desired. Makes 4 to 6 servings. TORSTAR NEWS SERVICE

**GCTC** Great Canadian Theatre Company

# BUTCHER

By *Nicolas Billon*

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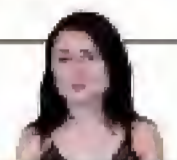
f t #GCTCButcher

# CBC rolls out its own kind of Serial

INTERVIEW

**David Ridgen investigates cold cases in new podcast**

**Melita Kuburas**  
Metro | Canada



There are similarities between CBC's new podcast, *Someone Knows Something*, and the first season of American radio doc *Serial*: both roll out weekly, investigating old cases in real-time, and both are anchored by a captivating reporter, bringing some transparency to this type of journalism.

But David Ridgen, host of the CBC show that launches March 2, says he deliberately stayed away from programs like *Serial* and Netflix's *Making a Murderer*.

"I don't want to unconsciously or consciously even try to mimic them," he tells Metro. "I think comparisons will be made, but I'm hoping that we have our own unique kind of show that's based on an honest process and looking for the facts."

To be fair, Ridgen has been doing this genre long before the aforementioned U.S. true-crime series were released.

His 2007 documentary *Mississippi Cold Case* led to the prosecution of a Ku Klux Klan member connected to the killing of two young black men.

And like in that project, and others since (*Confession to Murder*, *A Garden of Tears*), Ridgen wants results in the mysteries he examines for the CBC. "I'm here to actually solve a case and to do that I have to be engaging, but I also have to be fair to the family members and not lead them somewhere and just leave them hanging," he says.

Here is another important distinction: While *Serial* and *Making a Murderer* have been criticized by the family members of murder victims Hae Min Lee and Teresa Halbach, respectively, Ridgen is not interested in reopening an old wound unless he has full support from the family affected.

"It's important to see that these cases are about process as much as they are about the outcome," he says.

Families of missing or murdered loved ones often face a lot of guilt associated with the tragedy, and sometimes they face blame from the community or are cast in a suspicious light. Ridgen wants the reporting to



David Ridgen, host of *Someone Knows Something*. OWEN RIDGEN

## ABOUT THE CASE

- The first season of *Someone Knows Something* launches today at [cbc.ca/sks](http://cbc.ca/sks). It will also be available on iTunes and Google Play.

- It looks at the case of Adrien McNaughton, a five-year-old boy who vanished during a family fishing trip in Calabogie, Ont. in 1972.

- Host David Ridgen grew up in the town, and says that it has been a "dark

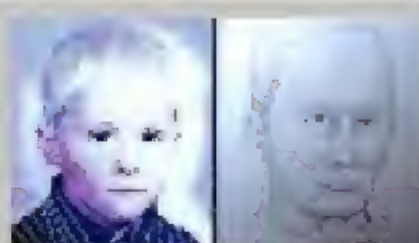


Photo of Adrien McNaughton in 1972 and sketch of how he would look as an adult, released in 2009. ONTARIO PROVINCIAL POLICE

cloud" over the community ever since he can remember.

be healing.

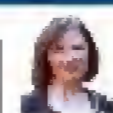
"In looking back at the cases, I feel like the process of this podcast is offering an almost therapeutic kind of approach."

Ridgen adds that even if he doesn't get to the point where they're in the courtroom "pointing our fingers at a person who has done it," the process is worthwhile if he knows the family has learned something and have some closure.

But the work also takes a toll on him. In the prologue for the

series, Ridgen struggles with whether to accept the CBC offer, given the emotional weight it's had on him in the past.

"There's no doubt that it has an impact when you're looking at photographs of crime scenes or things that the general public just does not get to see and it's just the constant iteration of the information through your head about missing children, murders and horrific imagery. As I say in the prologue, it just kind of haunts you."



JOHANNA SCHNELLER WHAT I'M WATCHING

## The many truths in a Bronco chase

**THE SHOW:** *American Crime Story: The People vs. O.J. Simpson, Episode 2 (FX)*  
**THE MOMENT:** *The Pizza*

Los Angeles, 1994. Football star, media personality — and accused murderer — O.J. Simpson (Cuba Gooding Jr.) is cruising the freeways in a white Ford Bronco, pursued by a dozen police cars, while the world watches on television.

In the kitchen of a pizza delivery joint, phones ring off the hook while cooks scramble to make pies.

"This is crazy," one says, grabbing an empty plastic bin. "We ran out of cheese."

My love for this limited series is deep and abiding, and scenes like the one above are why.

How many times have you seen "news is happening" dramatized by people staring at TVs? This show depicts that



Cuba Gooding Jr. is O.J. Simpson in *The People vs. O.J. Simpson*. CONTRIBUTED

scene not just originally, but also thematically — our bottomless appetite for food equals our bottomless appetite for sensationalism.

The co-writers, Scott Alexander and Larry Karaszewski, are just so freaking smart. (They also wrote *Ed Wood* and *The People vs. Larry Flynt*.)

They're expert at finding the places where celebrity and success curdle into toxicity and greed, and for turning complex issues into gripping drama.

In Simpson's story, they hit the motherlode. The issues that riveted us 22 years ago

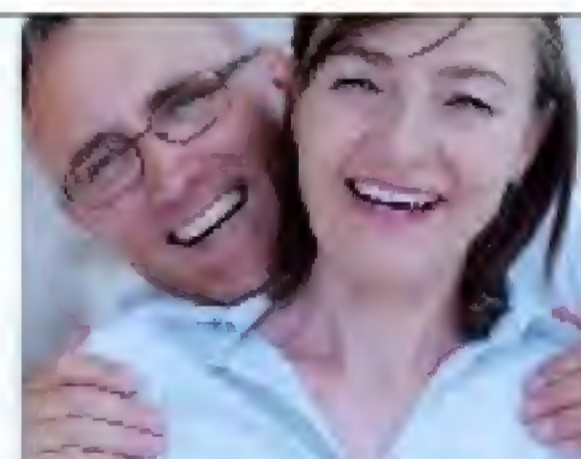
— America's deep divisions in race, class, wealth, fame; our eagerness to judge people superficially and leap to conclusions based on our prejudices — are, if anything, even more urgent now.

Giving the Bronco chase a full hour is just one example of the show's genius: It takes the time to parse every detail, and finds meanings and connections that make us gasp.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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## Cadenza: The height of mid-luxury



### THE CHECKLIST | 2016 KIA CADENZA

#### THE BASICS

**Type.** Four-door, five-passenger mid-size sedan  
**Engine (hp/torque).** 3.3-litre V6 (293/255)  
**Transmission.** Six-speed automatic  
**Price.** \$37,995 (base); \$45,595 (as tested), plus destination

#### COOL FEATURES

- Electric parking brake
- Rear-view camera and parking sensors
- 12-speaker audio system
- Windshield wiper de-icer
- Rear-seat USB charging port
- Power-folding mirrors
- Automatic window defogging feature



MAIN AND INTERIOR PHOTOS: JIL MCINTOSH/FOR METRO; OTHERS HANDOUT

#### POINTS

- The Tech trim adds LED fog lamps, 19-inch wheels, power passenger seat, and adjustable steering feel.
- The Tech uses hydrophobic glass in the front-door windows, which causes snow and raindrops to sheet off the surface to improve visibility.
- The engine uses direct gasoline injection.

#### MARKET POSITION

- Kia is a strong player in the entry-level and mid-range markets, but is still minor in the mid-lux and luxury segments. That may change in future, especially as parent company Hyundai launches its separate Genesis luxury brand.

#### THE COMPETITION



**Nissan Maxima**  
Base price: \$35,900



**Buick LaCrosse**  
Base price: \$36,525



**Toyota Avalon**  
Base price \$38,185

#### REVIEW

### Like rivals, Kia's latest has many features for its price point

**Jil McIntosh**  
For Metro Canada



If you like luxury but your budget doesn't, the "mid-lux" segment might be for you. Kia's entry is the Cadenza, a model that isn't all that common on the streets but could be a hidden gem for many buyers.

Its platform design has been around for a while. It shows its age with a somewhat doughy suspension that's mostly gone out of fashion in favour of the sportier, sharper feel in most new models. Still, that's precisely the type of ride many luxury buyers prefer. And it's all put in motion by a seriously sweet 3.3-litre V6 engine that's powerful, smooth and quiet, and mated to an equally-refined six-speed automatic transmission.

A well-equipped base model starts at \$37,995, but higher-end features such as a panoramic sunroof, ventilated front seats, heated rear seats, power-adjustable steering wheel and power rear sunshade come with the Premium

trim at \$41,995.

My tester, the top-end Tech at \$45,595, included blind-spot monitoring, lane departure warning system, and adaptive cruise control, which adjusts its speed in relation to traffic ahead. Many of these cruise systems have become very sophisticated, but this Kia's version is still too jerky.

The sedan's handsome cabin, which only comes in black, offers up a good amount of legroom and headroom in both the front and rear seats. Those chairs are impressively comfortable, and on the Premium and Tech trims, the driver's seat has a power-operated knee extension, perfect for long-legged folks who find that most seat cushions are too short.

The Cadenza slots between



**The Cadenza slots between Kia's volume-selling Optima and its even-rarer top-line K900 sedan.**

Kia's volume-selling Optima and its even-rarer top-line K900 sedan. It shares its mechanicals with the Hyundai Azera sedan, a model no longer sold in Canada but still available in the U.S.

It follows Kia's business model of offering a lot of features for the money, but other manufacturers have jumped onto that as well: many other mid-lux models also pile on the features in a price range that's comparable to Cadenza's. You'll have to closely comparison-shop to get the most for your money, but include Kia's version on your list.

#### PREMIUM MODELS

## Nissan unveils crossover crown jewels at Geneva Motor Show

The company that helped to kick-start the European crossover craze is bringing two personalized concepts to this year's show in a bid to retain its place in the market as choice continues to grow.

The Qashqai Premium Concept and the X-Trail Premium Concept are a concerted attempt to show that hugely popular models can still be diverse and to test the appetite for new external and internal options and design touches.

"We allowed the creativity of our design teams to shine

through," said Shiro Nakamura, senior vice president of Design and Chief Creative Officer at Nissan Motor Company Ltd about the cars that took two years to develop.

"Ultimately we settled on two designs — which are contrasting, but share common themes — as they reveal a new premium character in our crossovers."

This year's Geneva Motor Show will be overflowing with new crossovers and many of them will be from the likes of Audi and VW — marques with a strong focus on premium per-

formance or premium materials.

Nissan's solution is a Qashqai aimed at a "Premium Urbanite" — an individual that wants to drive to Paris or Rome on the weekends. The concept is finished in matte black with contrasting copper details and bare carbon fiber elements.

All of this is meant to contrast sharply with the white Nappa leather interior. The seats get the diamond quilting treatment usually associated with marques like Bentley, and surfaces and dashboard panels are clad in a copper-gold carbon fiber weave.

As a more capable crossover, the X-Trail concept is targeted at the "Premium Adventurist" that wants to head off the beaten track over the weekend. It's finished in a combination of matte white and black, and the copper detailing is focused on highlighting elements like skid plates and side steps — the features that mark out a car's off-road credentials.

Inside, the leather palette is very similar to that found in a Range Rover: black and tan tones

with piping details on the seats and the use of darkened chrome elements on the dashboard.

According to Mamoru Aoki, Executive Design Director of

Nissan Motor Company Ltd, both cars are about exploring "creative solutions to fulfill the broad range of the needs of the aspirational customers in Europe."

AFP



# The future of software updates

## AUTO TECH

### More companies to use over-the-air technology

Who likes software updates?

They're those recurring installations that kick in just when you are about to shut off your laptop for the day, or the pesky alerts on your smartphone reminding you about a shiny, new version of the operating system.

It's hard to imagine many raised hands.

Constant software improvements are no longer limited to personal electronics. As thousands of new lines of code get added to cars with every new model, version updates are becoming the norm for vehicles as well.

Most people with newer cars have made at least a couple of software update trips to dealerships, or may have just ignored all those mailed reminders.

But it will get harder to overlook these kinds of "soft" maintenance procedures as vehicles become more reliant on digital platforms.

Tesla — as with so many other

things — has been ahead of the game for remote updating of cars. Owners of the luxury electric vehicles don't need dealership visits to add new features — smarter routing, new interfaces, even drive assist options — to their cars. All of that can be done remotely.

Now other automakers are planning to unlock the full potential of over-the-air (OTA) updates.

Some, like General Motors, already perform OTA updates for their telematics systems. Over the next few years, the Detroit automaker will continue to change the electrical infrastructure of its vehicles to facilitate the use of more remote software changes. Similarly, Ford, Toyota and several European automakers have confirmed that their customers can expect more OTA usage down the line.

At this year's CES event in Las Vegas, automotive connectivity and infotainment solutions supplier Harman International revealed that they also are working with several automakers on remote software delivery platforms.

Harman has been on the cutting edge of OTA updates, and its recent business strategy also sheds light on the two key concerns surrounding OTA updates — speed and safety.

Last year it acquired Redbend, an Israeli company that has helped Tesla remotely roll out critical updates like its Auto-pilot driver assist system with minimal bandwidth usage.

Similarly, Harman recently announced that it will acquire Towersec, a company that specializes in network security — arguably the biggest pain point in the development and adoption of OTA updates.

Like Harman, all automakers and suppliers are currently pursuing the Holy Grail of OTA — faster, compact and secure data packages. The cost of remotely sending thousands of lines of code can be expensive — either for the automaker or the vehicle owner or both. Any remote software revisions therefore have to be very specific and targeted in order to make them more viable. Many automakers continue to

hold themselves back because of security issues and concerns over hacking.

For instance, GM has said that unlike Tesla, it will never use OTA for updates related to safety systems such as brakes. As a result, a lot of sweat and dollars will be spent over the next years in making sure platforms are secure enough to support all kinds of OTA updates.

TORSTAR NEWS SERVICE

## + CHANGES

• Some companies will continue to use cellular networks, others will use vehicular Wi-Fi to transmit data. Other companies are looking at sending software updates to driver's smartphones, which will push updates to cars via Bluetooth.



While Tesla has been leading the pack on the remote updating of cars, other companies are following suit. ISTOCK

## IN BRIEF

### Beats Audio comes to Volkswagen Up and Polo

Special editions of the 2016 Volkswagen Up and Polo will pack 300W sound systems supplied by Beats Audio, and are to go on sale later this year.

After the six months of high profile scandal over fiddled engine emission ratings, Volkswagen is volunteering itself for a different sort of beating.

The Apple-owned Beats is

delivering sound inside the supermini-sized Up and Polo cars, to the tune of a 300W, eight-channel amplifier with six speakers and a sub buried in the spare wheel well.

In addition, the Beats name will be applied to exterior and interior decals, and both vehicles will sport alloy wheels.

The second generation Up will be given a global debut at the Geneva Motor Show in March. AFP

You

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\*Jetta Highline, GLI and Hybrid amounts shown

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Highline model shown

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Volkswagen

\*Limited time finance purchase offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2016 Jetta 1.4T Trendline (#163VF1) base model with 5-speed manual transmission with base MSRP of \$17,600, including \$1,605 freight and PDI, financed at 0% APR for 60 months equals 130 bi-weekly payments starting from \$135. \$0 down payment or equivalent trade-in due at signing. Cost of borrowing is \$0 for a total obligation of \$17,600. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. \*\*Up to \$2,000 finance bonus cash available to be applied as a discount on MSRP on finance only (through Volkswagen Finance, on approved credit) of select new and unregistered 2016 Jetta 1.8T Highline, GLI and Hybrid models. Discount varies by model. †Lease payments of \$195 on the Jetta must be made on a monthly basis and cannot be made weekly. Weekly equivalent payments shown for information only. Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2016 Jetta 1.4T Trendline (#163VF1) base model with 5-speed manual transmission. \$1,605 freight and PDI included in monthly payment. 48-month term at 0.99% APR. \$1,198 down payment, \$250 security deposit and first monthly payment due at lease inception. Total lease obligation: \$10,558. 64,000-kilometre allowance; charge of \$0.15/km for excess kilometres. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end March 31, 2016 and are subject to change or cancellation without notice. Model shown: 2016 Jetta 1.8T Highline automatic transmission, \$27,995. Vehicle shown for illustration purposes only and may include optional equipment. Visit [vwoffers.ca](http://vwoffers.ca) or your Volkswagen dealer for details. \*Volkswagen\*, the Volkswagen logo, "Autobahn for All", "Jetta", "TSI", "Highline" and "Trendline" are registered trademarks of Volkswagen AG. © 2016 Volkswagen Canada.

# Dealing from both sides

## SPRING TRAINING

### Ambidextrous reliever has ambitions to crack Jays' pen

Few active baseball players have official rules named after them.

A Blue Jays reliever who can throw with his left and right arm inspired the creation of the Pat Venditte rule in 2008. According to the rule, an ambidextrous pitcher must visually indicate which arm he'll use before facing a switch-hitter, who can then decide which side of the plate he'll bat from.

The 30-year-old Venditte, who was claimed off waivers by Toronto from the Oakland Athletics in the off-season, still laughs when he thinks about being the rule's muse during his first year in the pros. He doesn't put much stock into it though.

"Yeah, it's something," Venditte said with a chuckle at Florida Auto Exchange Stadium. "People think it's cool but being here pitching at this level is far cooler than having a rule named after you."

A natural right-hander, Venditte started throwing with his left arm at age three at his father's behest. It wasn't until his junior year at Creighton University, however, that he really began seeing results.

"It's still a work in progress," Venditte said.

It's not without its quirks.

Venditte's bullpen sessions last twice as long as he alternates arms to mimic real game situations. He also keeps three custom-made gloves on the top shelf of his locker with plenty more in reserve.

Each glove has six fingers — two thumb slots with the pocket in the middle — so he can use it regardless of which hand he's pitching with.

"It's a little wider than most, but for me it functions as a regular glove," Venditte said.

The peculiar hardware has drawn interest from his teammates, including right-hander Marcus Stroman, who tested the glove out at last week.

"Yeah, it definitely felt weird," Stro-



One of Pat Venditte's six-fingered gloves

FRANK GUNN/THE CANADIAN PRESS

man said. "But it was awesome. It's so cool to have that guy in my (bullpen) group and see him work. That's a completely

unique talent on its own.

"I've 100 per cent never seen anything like it," Stroman added. "It still makes me laugh every time I see it."

Selected by the New York Yankees in the 20th round of the 2008 draft, the Omaha native made his MLB debut with Oakland last June but landed on the 15-day disabled list with a right shoulder strain five days later.

Rather than rely on his left arm while the right was injured, both he and the A's decided the DL was a better option.

"When you pitch in a game, just because you're using your left hand there's still a lot of movements that go on with your right,"

Venditte said. "It would be hard for it to properly heal."

He finished the season 2-2 with a 4.40 earned-run average through just 28-2/3 innings but had a 1.55 ERA with 40 strikeouts through 40-2/3 innings at triple-A.

Venditte, who throws a low-to-mid 80's fastball, a slider and a change-up with his left hand, has had more success from that side. Last season he held the 48 left-handed hitters he faced to a .116 batting average.

In his first spring training game on Monday Venditte faced five batters, switching from right to left for each, in an inning of intrasquad play. He gave

up a two-out walk and a hit and struck out the final batter he faced.

While few spots are up for grabs in the Toronto bullpen, manager John Gibbons is intrigued by Venditte's versatility.

"Shoot, it's a great story," said Gibbons. "If it works and he happens to be on the team he gives us a lot of flexibility."

Venditte is just hoping for a solid spring training. The rest is out of his hands.

"My goal is to leave a good impression," he said. "Take advantage of this opportunity and wherever I am to start the year, that's where I'll be."

"I want to show them that I can help them — if not in the beginning of the season, hopefully at some point throughout the year." THE CANADIAN PRESS



Marcus Stroman throws against the Phillies on Tuesday. FRANK GUNN/THE CANADIAN PRESS

## MLB

### Stroman feeling 'strong'

Marcus Stroman got his wish to be challenged in his first spring-training outing.

The Toronto starter allowed two runs on three consecutive two-out singles during his second inning of work Tuesday as the Blue Jays beat the Philadelphia Phillies 5-3 in the first spring-training game for both teams.

"I want to face a little adversity like I did today," Stroman said. "[I want to] get guys on, have to pitch with guys on the corners like I did."

Stroman is no stranger to adversity. After tearing his ACL in spring training a year ago, Stroman battled back to feature in Toronto's playoff run.

Those days are over. "No brace, I don't even know where it is anymore," Stroman said. "I'm good, I'm strong."

"I'm ready to rock."

Stroman threw 33 pitches, 23 for strikes.

THE CANADIAN PRESS



Pat Venditte is drawing attention in Dunedin, Fla., with his two-armed approach.

STEVE RUSSELL/TORSTAR NEWS SERVICE; PHOTO ILLUSTRATION

## PREMIER LEAGUE

### Foxes drop crucial points in title push

Leicester's unlikely Premier League title challenge faltered with a 2-2 home draw with West Bromwich Albion on Tuesday, offering Tottenham the chance to go top in a new twist to the most unpredictable race for the championship in years.

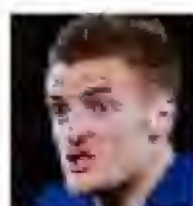
Resurgent Chelsea beat Norwich 2-1, while Aston Villa's fans staged a mass walkout after the last-place team sunk nearer relegation with a 3-1 loss to Everton.

Leicester, which only narrowly avoided relegation last sea-

son, moved three points clear in first place but wasted a slew of late chances to build a five-point gap over second-place Tottenham.

Spurs are at West Ham on Wednesday, while the title hopes of fellow contenders Arsenal and Manchester City were also boosted by Leicester dropping points.

THE ASSOCIATED PRESS



Leicester's Jamie Vardy

GETTY IMAGES

## IN BRIEF

### IOC removes itself from handling doping cases

In a major change in the handling of positive drug tests at the Olympics, the IOC agreed Tuesday to remove itself from the process and have a group of independent sports arbitrators rule on doping cases during the games in Rio de Janeiro.

The change was approved by the International Olympic Committee's executive board, IOC spokesman Mark Adams said.

THE ASSOCIATED PRESS

### Getzlaf gets last laugh in Feb.

Forwards Ryan Getzlaf of the Anaheim Ducks, Alex Ovechkin of the Washington Capitals and Filip Forsberg of the Nashville Predators were named the NHL's three stars for February on Tuesday.

The first star Getzlaf had six goals, 14 assists and a plus-13 rating. Ovechkin earned second star with 12 goals in 13 games and Forsberg took third-star honours with 12 goals in 13 games. THE CANADIAN PRESS

## NFL

### Panthers' Norman given franchise tag

The Carolina Panthers have applied the non-exclusive franchise tag to All-Pro cornerback Josh Norman.

The team made the announcement before Tuesday's deadline.

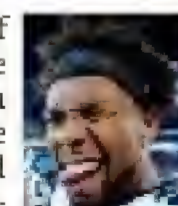
Norman will make \$13.952 million next season unless he signs a long-term contract extension. Carolina has until mid-July to negotiate a new deal with Norman.

Since the Panthers used the non-exclusive franchise tag option, other teams can approach

him with offers. If an offer is made and Carolina doesn't match, the Panthers would receive two first-round draft picks as compensation for losing him.

The 28-year-old Norman had four interceptions in the first four games of the 2015 season, returning two for touchdowns.

THE ASSOCIATED PRESS



Josh Norman

GETTY IMAGES

# RECIPE Apple, Cheese and Bacon Frittata



PHOTO: MAYA VISNENI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

Sweet apples, sharp cheese and some salty bacon together with eggs are all the reasons you need to make this easy frittata. You want another? You got it — it's a one pot star.

**Ready in**  
Prep time: 10 minutes  
Total time: 35 minutes  
**Serves 6**

**Ingredients**

- 4 strips of bacon
- 8 eggs
- 1 cup grated cheddar cheese
- 1/3 cup grated Parmesan cheese
- 1 Tbsp butter
- 1 apple, peeled, cored and thinly sliced

**Directions**  
1. Preheat the oven to 450 F.

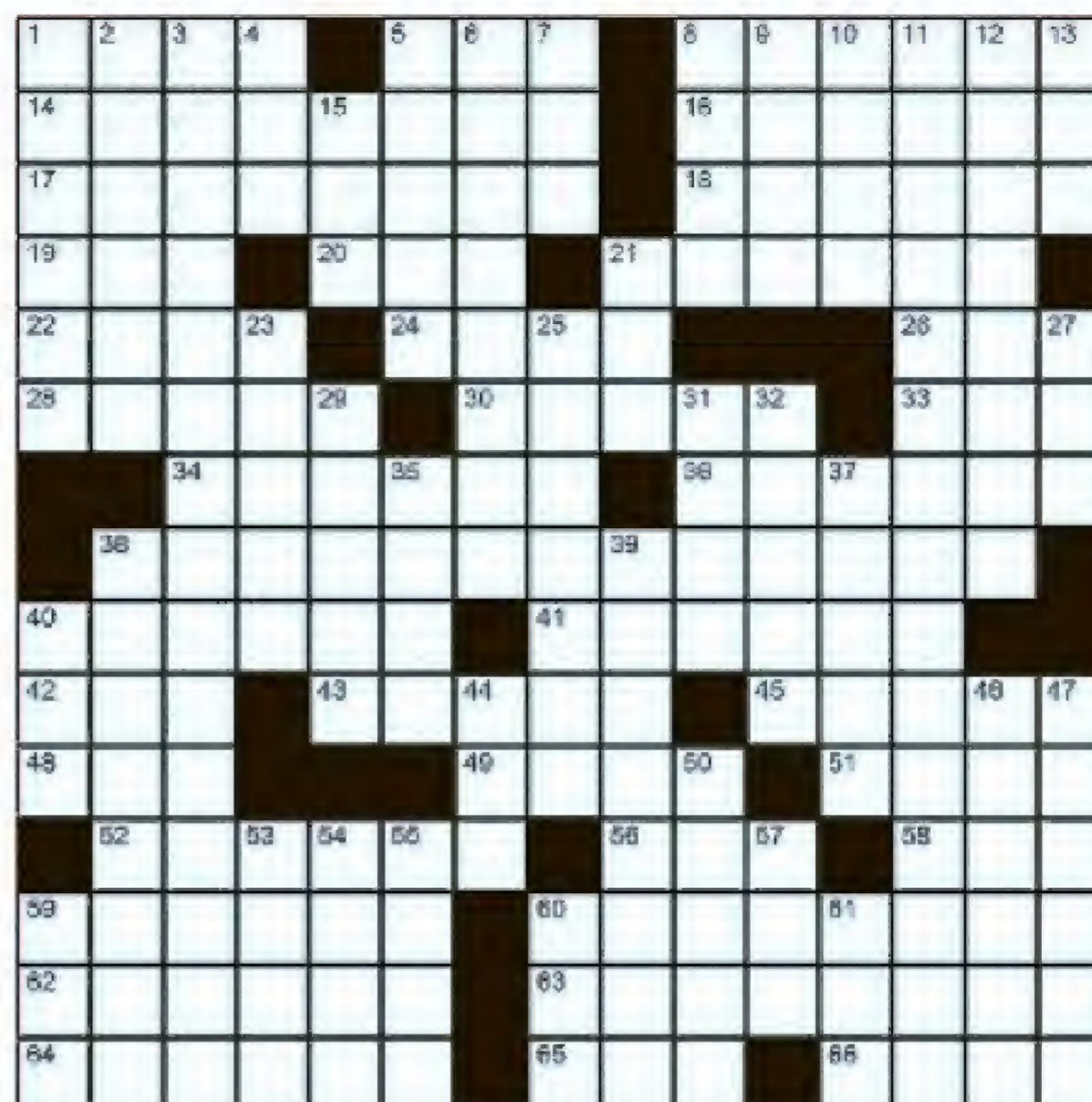
2. In large, oven-safe skillet, sauté the bacon until crisp. Turn off the heat. Place bacon on a piece of paper towel to drain and wipe out skillet with another piece of paper towel.  
3. Meanwhile, in a large bowl, whisk the eggs together. Add half of both cheeses to the eggs and whisk again.  
4. Place the skillet back over medium heat and add butter. Swirl that around the pan. Pour the eggs into the pan. Allow to cook until the edges begin to set. Crumble the bacon and sprinkle it across the eggs. Lay down the slices of apple in a circular pattern. Sprinkle the rest of the cheese over the top.  
5. Place in a hot oven for 15 to 20 minutes, until the top is puffy and just lightly set. Remove carefully and allow to cool for a couple of minutes before slicing.

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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**  
1. "\_\_\_ on My List" by Hall & Oates  
5. Pro  
8. Quebec pastry brand, maker of Ah Caramel!  
14. "Love \_\_\_" (2003)  
16. Jane's "Ally McBeal" role  
17. CAA service, \_\_\_ assistance  
18. Discarded  
19. New Waver Adam  
20. Theological sch.  
21. P.E.I. produce product  
22. Suit accessories  
24. Couch  
26. Clip-\_\_\_ (Non-pierced earrings)  
28. Do this with tickets outside the concert venue  
30. \_\_\_ prosequi (Not proceeding, in law)  
33. Caviar  
34. Kitchen gadget  
36. Skiing sort  
38. Donald Sutherland's role in the 1970 movie version of "M\*A\*S\*H": 2 wds.  
40. Trunks  
41. Jen and Cindy's older sister  
42. Be decisive  
43. "Get My Dough" by \_\_\_ Dean  
45. Recites  
48. Ring's sparkler  
49. Poker stake  
51. Scissors sound  
52. The Earl of \_\_\_ (Title for Queen Elizabeth's youngest son Prince Edward)



56. "\_\_\_ Time" by Imagine Dragons  
58. Eggs, fancy-style  
59. Comics: Dennis the \_\_\_  
60. Someone succeeding  
62. Director of #38-Across, Robert \_\_\_

63. "City \_\_\_" (1991) starring Billy Crystal  
64. Mary-Kate and Ashley  
65. Bench press muscle, commonly  
66. "Would you like anything \_\_\_?"

(Is that all?)

**DOWN**  
1. Gold measurements  
2. Like a widely recognized symbol  
3. In royal residence Windsor Castle, they include The Waterloo Chamber and The Grand Vestibule: 2 wds.  
4. South: French  
5. 1954 William Golding book, Lord of the \_\_\_  
6. Family's longstanding wealth: 2 wds.

7. Cereal grass  
8. Nix  
9. Commonly: 2 wds.  
10. \_\_\_ Loma, Toronto attraction  
11. Lillian Ross book, Cougar's Crossing: A Canadian \_\_\_ of Pioneer Adventure  
12. 1983 Hall & Oates hit that starts "I'm tired of playing on the team...": 3 wds.  
13. Mr. Beatty  
15. Sure-footed mammal  
21. Chum  
23. Bunches  
25. Factory crew bosses  
27. The Supremes: "Come \_\_\_ About Me"  
29. Orange \_\_\_ (Tea)  
31. Den  
32. Put into office  
35. Minus meaning  
37. \_\_\_ open (Uses a crowbar)  
38. New Brunswick attraction, \_\_\_ Rocks  
39. Speck  
40. Cloth  
44. Levy  
46. Detoxifying organs  
47. Scant  
50. Strong work \_\_\_  
53. Equivalent  
54. What an all-in-one printer can do  
55. Poetic nights  
57. [error left as is]  
59. \_\_\_ jacket (Suit part for a sixties band)  
60. Pharaoh snake  
61. Hawaii: \_\_\_ Crater, in Maui

# ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Don't tell friends and relatives what they want to hear today — tell them what they need to hear. A large dose of reality is essential and a no-nonsense Aries like you is the best person to administer it.

**Taurus** April 21 - May 21  
Don't get too caught up in the idea of winning and losing. Remind yourself what it means to enjoy the simple things in life, none of which require you to win a gold medal.

**Gemini** May 22 - June 21  
Try something you have never tried before. Others may not approve but that will only make you even more determined to go through with it. You enjoy pushing limits.

**Cancer** June 22 - July 23  
People are depending on you, so stay focused on what needs to be done. You won't have to do it alone; someone will offer to help you and together you can put things right.

**Leo** July 24 - Aug. 23  
Others are making life difficult for you but you are also making life difficult for yourself. What happens in the world is largely a reflection of what goes on inside your head, so be positive and believe in success.

**Virgo** Aug. 24 - Sept. 23  
Each time you have things worked out someone comes along and moves the goalposts or changes the rules but don't let it get to you. It is all part of life's rich tapestry.

**Libra** Sept. 24 - Oct. 23  
Follow the rules. Yes, of course, you could do it better and in half the time but it's not your call to make. Play along for now — you'll get your chance to shine later.

**Scorpio** Oct. 24 - Nov. 22  
Are you any closer to reaching the targets you set for yourself around the time of your last birthday? If not, it may be time to adjust your sights a bit. Remember, your goals don't have to be set in stone.

**Sagittarius** Nov. 23 - Dec. 21  
Someone will let you down today and you won't be too happy about it. But don't let it bother you too much because it is a blessing in disguise. You can do a lot better without them.

**Capricorn** Dec. 22 - Jan. 20  
Push worries to the back of your mind and resolve to have fun. The Sun in Pisces brings social and travel opportunities aplenty, so there is no excuse why you should be stuck at home in a bad mood.

**Aquarius** Jan. 21 - Feb. 19  
Don't feel bad if you haven't yet accomplished all you set out to do. There's no time limit to your ambitions and you've done a great deal already, more than others expected.

**Pisces** Feb. 20 - March 20  
Forget about what might have been and focus on what can still be done. Take each day as it comes. There is already a plan guiding your life — all you have to do is follow it.

# CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

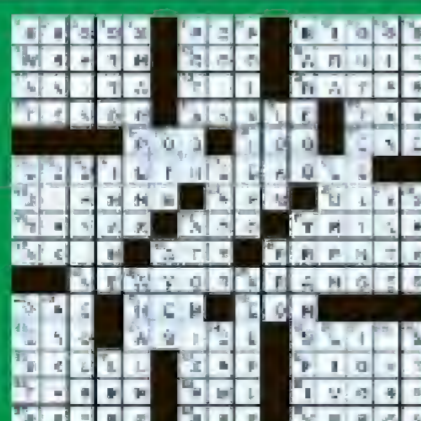


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# Fighting for their fair share

## BUSINESS

### Downtown BIAs work to resolve border dispute



**Emma Jackson**  
Metro | Ottawa

Two sister groups are getting territorial about downtown commercial districts.

Like siblings dividing up a bedroom, the ByWard Market BIA and the Downtown Rideau BIA — who share a border along George Street — are hashing out who should ultimately control George and some land along King Edward Avenue.

Ottawa city councillors are the parents in this situation, who must rule whether the Downtown Rideau BIA's proposed expansion is fair to market businesses.

Right now, the George boundary is haphazard: Some businesses are part of the market BIA, and some, like Chapters and Hudson's Bay, are part of Downtown Rideau.

That's confusing for visitors who see flags for the Downtown Rideau BIA along George, which most people consider part of the market.

"We advertise that we're in the ByWard Market," said Stephen Monuk, owner of The Drink Lounge and co-chair of the ByWard Market board.

Downtown Rideau's expanded boundary would capture Rideau Street east to Cummings Bridge, King Edward



Some businesses along George Street are part of the Downtown Rideau BIA, not the ByWard Market BIA. EMMA JACKSON/METRO

Avenue north to York Street and the National Arts Centre and Bytown Museum west of the canal.

Jasna Jennings, executive director of the ByWard Market BIA, said she has two problems with this: one, that the King Edward expansion eats into the

market's only hope to increase its business base, and, two, that the haphazard George Street border should have been addressed in the new boundary.

"At the very beginning of the process we were told that would be an opportunity to review the George Street piece-

meal boundary," Jennings said.

The issue came to the city's finance and economic development committee Tuesday.

While the proposed expansion carried, the two groups now have until March 23 to come up with a compromise that works for everyone.

The two councillors affected — Mathieu Fleury and Catherine McKenney — also have to come to agreeable terms.

McKenney said she doesn't support the BIA's western expansion because it threatens the Sparks Street BIA across the street.

"I don't see any real rationale for why a BIA would jump the canal," she said.

Jennings said the BIA's have "no animosity." They met immediately after committee, and will work with city staff to find a solution before city council meets later this month.



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